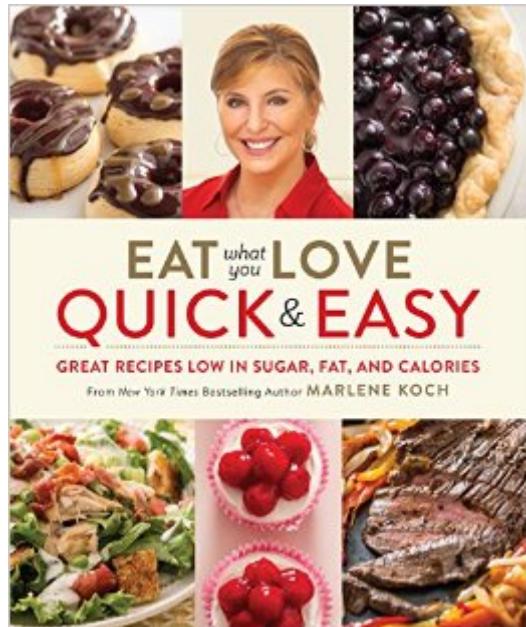


The book was found

Eat What You Love: Quick & Easy: Great Recipes Low In Sugar, Fat, And Calories



Synopsis

Great-tasting, guilt-free favorites in a flash! From creamy No-Bake Cherry-Topped Cheesecake to Cheesy Bacon Chicken, Deep-Dish Skillet Pizza, and 2-Minute Chocolate & Cakes for One, every speedy crave-worthy recipe in this book is low in sugar, fat, and calories; but you would NEVER know by tasting them! In Eat What You Love: Quick & Easy, New York Times bestselling author Marlene Koch proves once again why she's called "a Magician in the Kitchen." Readers rave about Marlene's amazing recipes, and in her quickest, easiest collection of recipes ever, she makes eating what you love a snap with flavor-packed favorites like: Crispy Teriyaki Fried Chicken (10 minutes prep and only 205 calories); Quick-Fix Quesadilla Burgers (320 calories instead of the usual 1,420!); 15-Minute Coconut Cream Candy Bar Pie (190 calories and 70% less sugar); With more than 180 super-satisfying family-friendly recipes for every meal of the day; this cookbook is perfect for everyone, and every diet! Plus: Every recipe can be made in 30 minutes or less! Gluten-free recipes, all-natural sweetening, and cooking for two included. Gorgeous full-color photographs throughout. Nutritional information for every recipe with diabetic exchanges, carb choices, and Weight Watcher point comparisons.

Book Information

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Customer Reviews

UPDATE April 20: Tonight I prepared the Teriyaki Fried Chicken and the 15-Minute Coconut Cream Candy Bar Pie. We really enjoyed eating both recipes and they did not taste like diet food. I did omit the sugar-free ice cream topping for the pie as I didn't have that in my pantry and the pie tasted

wonderful. Author Marlene Koch creates tasty, healthy recipes that are edible. Very edible. I've used her cookbooks to prepare low-sugar, low-fat and calorie reduced meals for the past couple years as I am trying to eat healthier. I also wanted to lose a bit of weight and I've done that too thanks to Koch's cookbooks. What I love most about her newest cookbook: Eat What You Love Quick & Easy is how she's created "kitchen magic" to create tasty recipes I can't wait to try. In fact, I plan on making One-Bowl Mandarin Orange cake for dessert tonight as I have all the ingredients in my pantry. Also, her recipe looks very easy to make and it's almost dinner time. When I get done with this review I plan to go bake up the cake. Other recipes you'll find in her cookbook include: Blueberry Cheesecake Pie Cups, Almond Tea Cakes, Frosty Peaches and Cream Yogurt Pie, 2-Minute Microwave Pumpkin Pie, 15-Minute Coconut Cream Candy Bar Pie, No-Churn Fruity Frozen Yogurt, 2-Minute Chocolate "Cup" Cake for One (a mug cake recipe you prepare in the microwave oven), Apple-licious Green Smoothie, Oatmeal Cookie Breakfast Smoothie, Thick and Creamy Strawberry Shake, 3-Ingredient Chocolate Caramel Biscuit Donuts, Cinnamon Swirl Quick Cake, Make-Ahead Bacon Cheddar Grab and Go Burritos, Cinnamon Chai Oatmeal, Pumpkin Pie, French Toast, Shortcut Spanish Potato Frittata, Breakfast Cheesecake!

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